

of



## Borough Eppleby.

## HEALTH COMMITTEE.

# ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH  
FOR 1920.

Appleby:

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1921.



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*To the Mayor, Aldermen, and Members of the  
Borough of Appleby.*

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Gentlemen,

I have the honour to submit to you my Annual Report for the year 1920, compiled in accordance with your instructions and those of the Ministry of Health.

The advent of a new Census to be taken this year will greatly facilitate the correct compilation of Statistics and Ratios.

My thanks are extended to your Officials who have rendered me excellent assistance on all occasions, as also to the members of the Medical Profession, whose willing co-operation has been a most valuable asset towards a constructive policy of preventive medicine.

I am, Gentlemen,

Your obedient servant,

W. BARON COCKILL,

Medical Officer of Health.

March 21st, 1921.

# BOROUGH OF APPLEBY.

## Annual Report of the Medical Officer of Health for the Year ending December 31st, 1920.

Area (land and inland water)	...	...	...	1876 acres.
Population (census 1911)	...	...	...	1736
Population (Registrar General's estimate)	...	...	...	1653
Population (local estimate)	...	...	...	1700
Inhabited houses	...	...	...	451
Average population per house	...	...	...	3.74

Appleby is an ancient little Borough pleasantly situated on the Banks of the River Eden, about 400 feet above the sea level. It is built on red clay and surrounded by hills, except on the North West, formed of Carboniferous Limestone, which on the East runs back into the Pennine chain. It is well wooded all around, and thus well sheltered, both by the natural configuration of land and the growth of trees. The rainfall is not as great as in many parts of Westmorland being on an average 30 to 35 inches a year.

It is a market town serving the agricultural area around; it has no industries of its own.

### VITAL STATISTICS.

BIRTHS.				DEATHS.				INFANT DEATHS.			
Crude	Corrected	Legiti-		Illegiti-		Crude	Corrected	Legiti-		Illegiti-	
		Males	Females	Males	Females			Number	Rate per 1,000 population	Males	Females
39	39	18	17	2	2	23.6	27	26	15.7	3	86
										1	250
										4	102
											Rate per 1,000 births

## COMPARATIVE RATES.

District.		Birth	Death	Infant Death
Appleby	..	23.6	15.7	102
Westmorland	..	21.6	13.9	66
England and Wales	..	25.4	12.4	80

## CAUSES OF DEATH.

Pulmonary Tuberculosis	Cancer	Organic Heart Diseases	Bronchitis	Other Respiratory Diseases	Appendicitis	Congenital Debility	Violence	Other Defined Diseases	Total
1	6	5	2	1	1	3	1	6	26

## SPECIAL DEATH RATES PER 1,000 POPULATION.

Pulmonary Tuberculosis	Influenza	Cancer
0.6	0	3.6

## ANALYSIS OF INFANT DEATHS.

Cause.	1 week	1-2 weeks	2-3 weeks	3-4 weeks	under 1 month	1-3 m'ths	3-6 m'ths	6-9 m'ths	9-12 m'ths	under 1 year
Gastritis ..			1		1					1
Congenital Malformation	1				1					1
Premature Birth	1				1	1				3
	2		1		3	1				5

Still births notified 0.

The amount of Poor Law Relief is indicated by the following facts :—

Average daily population in Institutions (East Ward Union)	4.5
Annual population receiving Out-door Relief (Appleby ...	9

There is no local hospital, patients availing themselves of accommodation at Penrith and Carlisle.

#### SANITARY CONDITION OF THE DISTRICT.

*Water*.—A public supply derived from Bank Wood, 4 miles distant is of good quality and sufficient quantity, not liable to contamination and having no plumbe-solvent action. A constant piped supply.

*Rivers and Streams*.—There is no serious pollution present; the care of these is under the County Council.

*Drainage and Sewerage*.—The surface water is removed by separate drains; the sewage is dealt with by settling tanks and land filtration. The system is sufficient for the needs of the District.

*Closet Accommodation*.— about 405.

Privies ...	55.
Pail-Closets ...	2.

There were 3 privy conversions in 1920.

*Scavenging*.—This is undertaken by the Borough by cartage and is efficient; refuse is deposited on land. Disinfection of receptacles is carried out after emptying. There are 295 ashbins which are cleared weekly and 53 ashpits emptied at suitable intervals. There were 3 conversions in 1920.

*Inspections*.—All houses are inspected quarterly. The following defects were found :—

Defective gullies ...	...	5
Defective traps ...	...	2
Blocked drain ...	...	1
Total		8

Number of Statutory notices served ...	0
Number of Informal notices served ...	3

These have all been remedied.

PREMISES AND OCCUPATIONS CONTROLLED BY  
BYE-LAWS AND REGULATIONS.

Slaughter House ... 1.  
No action has been needed.

There are no underground sleeping rooms.

*Schools.*—The sanitary conditions and water supplies are good. There have been no school closures.

Active co-operation exists between the School Medical Officer and the Medical Officer of Health.

FOOD.

(a) *Milk Supply*—This is sufficient in quantity and good in quality and the arrangements for distribution are satisfactory.

Inspection of Dairies, Cowsheds and Milkshops is regularly carried out; no Tuberculous milk has been found.

Milk and Cream Regulations, 1912 and 1917, are under the control of the Police, as also the Sale of Food and Drugs Act.

Milk (Mothers' and Children's) Order, 1918, is administered by the County Medical Officer of Health.

(b) *Meat*.—No diseased meat has been found.

The condition of the Slaughter house has been excellent.

There is no public Slaughter house.

Inspection of carcases at time of slaughtering is made from time to time; there is always free access and any question of diseased meat is immediately communicated to the Inspector by the butchers themselves.

No carcase or portions of carcase have been condemned for tuberculosis.

Slaughter Houses.

	In 1914.	In Jan., 1920.	In Dec., 1920.
Registered	... Nil	... Nil	... Nil
Licensed	... I	... I	... I
Total	... I	... I	... I

No case of food poisoning has occurred.

(c) *Other Foods*.—The sanitary condition of premises where food is prepared, stored, or exposed for sale has been good, and no action was required respecting them.

## FACTORIES AND WORKSHOPS.

	Number.	Inspections.	Notices.
Factories	10	40	Nil
Workshops	23	92	Nil
Workplaces	4	16	Nil
	<hr/>	<hr/>	<hr/>
	37	148	Nil
	<hr/>	<hr/>	<hr/>

PREVALENCE OF, AND CONTROL OVER  
INFECTIOUS DISEASE.

There was a small outbreak of Diphteria at the early part of the year, and with that exception there has been little infectious disease ; 7 cases of Diphteria occurred in 2 houses.

Diphtheria Anti-toxin is in general use.

Bacteriological aids have been utilized whenever necessary, and there have been no "Carriers" or "Return" cases of disease.

The Diseases notifiable under the Regulations of 7th January, 1919, have been few. Malaria cases contracted the disease abroad.

No vaccinations have been performed under the Public Health (Small-pox) Regulations 1917.

School intimations of infectious disease have been utilized regularly.

There has been no epidemic of Influenza. Pamphlets dealing with the subject were distributed to all houses.

No locally contracted cases of Anthrax or Rabies have been known.

There are no facilities for the cleansing and disinfection of verminous persons.

There were only two cases of Pulmonary Tuberculosis notified.

Notification by Medical Practitioners is good.

## Table of Notified Infectious Diseases.

		Cases.	Removed to Hospital.
Diphtheria	...	14	5
Pulmonary Tuberculosis	2	...	—
Ophthalmia Neonatorium	1	...	—
Malaria	5	...	—
Erysipelas	1	...	—
	<hr/>	<hr/>	<hr/>
Total	23	5	—
	<hr/>	<hr/>	<hr/>

In the case of Ophthalmia Neonatorium notified, both eyes were affected, but no permanent injury resulted.

No cases of Encephalitis Lethargica occurred.

The Maternity and Child Welfare of the District is in the hands of the County Medical Officer of Health.

#### SANITARY ADMINISTRATION.

1. *Staff.*—This consists of 1 Inspector who is also engaged in Housing Work ; he is also the Borough Surveyor.

2. *Hospital Accommodation*, for ordinary Infectious Disease consists of 4 Wards providing 20 beds for Scarlet Fever cases, and 16 for Diphtheria. It is situated at Ormside, 2 miles from Appleby, and serves the whole of the Northern part of the County. It is under the control of the Ormside Joint Hospital Board. It is sufficient for the purpose and the administration is good.

The hospital accommodation for Small-pox is situated near Kendal and consists of 50 beds for the use of all Westmorland except Kirkby Lonsdale.

3. *Local Acts, etc.*—The following are in operation :—

Sanitary Clauses of Public Health Act Amendment Act, 1890.

Sanitary Clauses of Public Health Act Amendment Act, 1907.

Bye-laws—

Private scavenging.

Prevention of Nuisance.

New Streets and Buildings.

Markets.

The administration of these is effectively carried out.

4. *Laboratories.* The Combined Districts of Westmorland have established local laboratories at Kendal, for chemical and bacteriological examinations.

Examinations for Appleby made during the year are as follows :—

Diphtheria	...	41
Malaria	...	4
Total	45	

#### GENERAL HOUSING CONDITIONS.

Number of Houses	...	...	...	...	451
Working Class Houses	...	...	...	...	345
New Houses erected or in course of erection	...				Nil.
Population (estimated)	about	1700.			

There were no important changes during the year, nor any anticipated in the near future.

**Extent of shortage of houses 12.**

A scheme for the erection of these 12 houses has been formulated and sanctioned, but is held in abeyance for the present.

**OVERCROWDING.**

There is a certain amount of overcrowding, but not to a serious extent; it is due to the size of families. No measures can be undertaken to overcome this till more houses are built.

**FITNESS.**

The condition of the bulk of the houses is from good to fair.

The defects are chiefly dampness and delapidations and owners are quite willing to do all absolutely necessary repairs, etc.

No action has been taken.

The chief difficulties have arisen on account of the high prices for repairs and the scarcity of manual labour.

There are no difficulties in connection with water supplies, closet accommodation and refuse disposal.

**UNHEALTHY AREAS.**

There are no extensive areas that can be included under this heading, and no action has been taken nor any complaints made during the year.

**BYE-LAWS.**

The existing Bye-Laws work well, and there is no need for any new ones, but some revision of existing ones is required and is receiving attention.

**APPENDICES.**

**Housing Conditions.—Statistics.**

Year ended December 31st, 1920.

*1.—General.*

(1)	Estimated Population	...	...	...	...	1700
(2)	General death rate	...	...	...	...	15.7
(3)	Infantile mortality	...	...	...	...	102
(4)	Death rate from tuberculosis	...	...	...	...	.06
(5)	Number of dwelling houses of all classes	...	...	...	...	451
(6)	Number of working class dwelling houses	...	...	...	...	345
(7)	Number of new working class houses erected	...	...	...	...	Nil.

2.—*Unfit Dwelling Houses.*

## 1. Inspection.

(1) Total number of dwelling houses inspected for housing defects (under Public Health or Housing Acts)	451
(2) Number of dwelling houses which were inspected and recorded under the Housing (Inspection of District) Reg. 1910 ... ... ... ...	203
(3) Number of dwelling houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation ... ... ...	1
(4) Number of dwelling houses (exclusive of those referred to under the preceding sub-heading) found not to be in all respects reasonably fit for human habitation	Nil.

## 2. Remedy of defects without service of formal notices.

Number of defective dwelling houses rendered fit in consequence of informal action taken by the Local Authority or their officers	... ...	3
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## 3. Action under Statutory Powers.

## (a) Proceedings under Sec. 28 of the Housing, Town Planning, etc. Act, 1919.

(1) Number of dwelling houses in respect of which notices were served requiring repairs	...	...	Nil.
(2) Number of dwelling houses which were rendered fit—			
(a) by Owners	...	...	
(b) by Local Authority in default of Owners	...	...	

(3) Number of dwelling houses in respect of which Closing Orders became operative in pursuance of declaration by owners of intention to close	...	...
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## (b) Proceedings under Public Health Acts,

(1) Number of dwelling houses in respect of which notices were served requiring defects to be remedied	...	...	Nil.
(2) Number of dwelling houses in which defects were remedied—			
(a) by Owners	...	...	
(b) by Authority in default of Owners	...	...	

(c) Proceedings under Sec. 17 and 18 of the Housing, Town Planning, etc. Acts, 1909.			
(1) Number of representations made with a view to the making of Closing Orders	...	...	...
(2) Number of dwelling houses in respect of which Closing Orders were made	...	...	...
(3) Number of dwelling houses in respect of which Closing Orders were determined, the dwelling houses having been rendered fit	...	...	...
(4) Number of dwelling houses in respect of which Demolition Orders were made	...	...	...
(5) Number of dwelling houses demolished in pursuance of Demolition Orders	...	...	...

3.—*Unhealthy Areas.*

Areas represented to the Local Authority with a view to improvement Schemes under (a) Part 1 or (b) or Part 2 of the Act 1890	...	...	...	...	Nil.
Number of houses not complying with the building Bye-laws erected with the consent of the Local Authority under Sec. 25, Housing, Town Planning, etc. Act, 1919	...	...	...	...	Nil.
Staff engaged on Housing work, with briefly the duties of each officer	...	...	...	...	One Housing Officer.